

# WHAT CAN YOU SAY TO A VICTIM?

I'm afraid for your safety.

I'm afraid for the safety of your children.

It will only get worse.

We're here for you when you're ready or when you're able to leave.

You deserve better than this.

## DO AND DON'T

### **Do:**

- ❖ Ask if something is wrong.
- ❖ Express concern.
- ❖ Listen and validate.
- ❖ Offer help.
- ❖ Support his or her decisions.

### **Don't:**

- ❖ Wait for him or her to come to you.
- ❖ Judge or blame
- ❖ Pressure him or her.
- ❖ Give advice
- ❖ Place conditions on your support.

**WARNING SIGNS TO LOOK FOR IN FAMILY MEMBERS,  
FRIENDS AND CO-WORKERS**

- ❖ Frequent injuries, with the excuse of “accidents”
- ❖ Frequent and sudden absences from work or school
- ❖ Frequent, harassing phone calls from the partner
- ❖ Fear of the partner, references to the partner’s anger
- ❖ Personality changes (e.g. an outgoing woman becomes withdrawn)
- ❖ Excessive fear of conflict
- ❖ Submissive behavior, lack of assertiveness
- ❖ Isolation from friends and family
- ❖ Insufficient resources to live (money, credit cards, car)
- ❖ Depression, crying, low self-esteem